

BORONNDARA

Bicycle Users Group

Rides Supplement November 2009

Camberwell Downhill Gourmet Bike Riders

OCTOBER RIDE

A total of 17 (the largest number for a long time) "CDGBR's" gathered at Ashburton for the ride start - 7 meeting at East Camberwell, including newcomers Linda and Betty, then rode to Ashburton. A lovely sunny day to get us in the mood.

We then tagged along with the Whitehorse Bike group - very ably led by Mike Wellard - totalling 24 in number. After riding along Gardiners Creek track, along with everyone out and about due to the lovely weather, we coffeed at Kanteen, on the river near Herring Island, along with everyone else in Melbourne!! We then meandered up and down the hills of St. Georges and Lansell Rds, Toorak - stopping to admire a few of the old mansions in the area. Mike was able to give us some of the history of each of these wonderful homes.

A lovely day's riding in all - even though lunch was late or wasn't at all! Around 40kms in total.

Yvonne Dite

NOVEMBER RIDE – Host - Elva Parker

DATE: 15th November 2009

DESTINATION: Launching Place to Warburton (Melways 287 H6)

TIME: Meet car park on left of Launching Place Hotel at 10.30am for 10.45 start.

(Allow 50 minutes to reach Launching Place by car from the Camberwell area.

DURATION: Roughly 25 - 30kms.

DETAILS: For those who may not have done this ride previously, it is an enjoyable country ride along the Centenary Rail Bike Track to Warburton. BYO lunch or food can be purchased at one of the many catering shops in the main street and a picnic lunch will be on the slopes of the river behind the shops in Warburton. Public conveniences are not available at the start of the ride but there are several along the way. Be prepared for weather conditions on the day – wet weather gear or slip slop slap as part of the ride is open to the elements! Elva will need a volunteer to ride at the back while she leads the ride.

Please contact Elva (9836 6392) if you intend on coming by Saturday afternoon.

ANNUAL CHRISTMAS BREAK-UP DINNER – Host - Elva Parker – 9836 6392

The Dinner is to be held on Friday the 13th November 2009 at the Riversdale Hotel, Cnr. Riversdale & Auburn Roads, Hawthorn arrival at 7.00pm for 7.15pm 'sit-down'.

Please advise Elva if you are attending by Tuesday 10th November 2009 so that she can confirm our booking with the Hotel Management.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure

departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day, unless specified. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am** at the 'Place to meet' (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Those rides when Janet is not leading, alternative leaders will be listed.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and distance	Grade
Nov 11 th *	Thomastown station MEL 8 J7	<i>Greenvale to the city ~50 km.</i> Link to Ring Rd, then Westmeadows Trail, Mickelham Rd (bike lane/path), streets to Greenvale Reservoir Park. Return by Yuroke crk, Broadmeadows Valley, Moonee Ponds crk trails back to City. Leader Les Deady.	Medium with 1 long climb
Nov 18 th		Short ride	
Nov 25 th *	Heidelberg station MEL 31 K4	<i>Croydon to Box Hill station ~ 55 km.</i> Yarra, Koonung, Mullum-Mullum Trails to end. Streets to Croydon town. Down Tarralla Creek, Dandenong Ck Trails, then streets east past Blackburn Lake, to finish at Box Hill Station. Leader Les Deady.	Hard
Dec 2 nd *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Dec 9 th	Jacana station MEL 6 G12	<i>Southbank via Craigieburn ~ 50km.</i> Moonee Ponds crk, Broadmeadows Valley Park trails and the back streets of Roxborough Park to Craigieburn. Return to city via Hume and Merri crk trails.	Medium
Dec 16 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	Easy

Whitehorse Cyclists Inc

Last updated 1 November 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 08/11 9:30 am	Greensborough	(M)Greensborough, Plenty River Tr	35 E	Doug H 9877 1408
Mon 09/11 To Fri 13/11	Easy Go East Gippsland Hub and Spoke	Day rides visiting nearby towns eg: Nicholson, Bruthen, Paynesville, Lindenow	TBA	Jacques F 9497 2306
Tue 10/11 to Mon 23/11	South Australia	Supported ride through Fleurieu Peninsula , Adelaide , Barossa Valley	600 App	Lindsay B 9801 2809
Tue 10/11 9:30 am	Easy Tuesday Mt Waverley	Bike paths and quiet roads (M)Mt Waverley	30 M	Sandra B 9878 4179
Tue 10/11 9:30 am	Hard Tuesday Moonee/Plenty	Moonee Ponds Creek Tr, Ring Road Path, Plenty River Tr, High St	78 M/H	Barry McC 9848 1154
Tue 10/11 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting		Bob B 9801 2809
Thu 12/11 9:30 am	Ferntree Gully	Ringwood, Croydon, Mooroolbark, (B)Ferntree Gully, Rowville, Jells Park	60 M	Peter L 9842 5193
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 15/11 9:30 am	Docklands	Gardiners Creek Tr, Main Yarra Tr, (M)Docklands, (B)Flinders St, (B)Richmond	37 E	David M 9885 7673
Tue 17/11 9:30 am	Easy Tuesday Hills and Thrills	Koonung Creek Tr, Tunstall Square , Mullum Mullum Creek Tr, (M)Beasleys Nursery, Westerfolds Park	30 M	Graeme M 9878 1601 0408 903 127
Tue 17/11 8:30 am	Hard Tuesday Berwick	Dandenong Creek Tr, Endeavour Hills Shopping Centre, Monash Freeway Path, Berwick, return by train	100 M/H	John C 0438 566 977
Thu 19/11 9:30 am	Knox	Anniversary Tr, East Malvern, (M)Chadstone,	60 M	Kerry McN 9800 3027

		Scotchmans Creek Tr, Blind Creek Tr, (L)Knox, Terrara Rd, Springfield Rd		
Thu 19/11 9:30 am	Easy Thursday Ferntree Gully	Bayswater, Boronia, (M)Ferntree Gully, Scoresby Village	30 E	Ken R 9753 3140
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 22/11 9:30 am	Malvern Meander	Glen Iris, (M) Central Park , Gardiners Creek Tr	38 E	Bruce E 9848 4804
Tue 24/11 9:30 am	Easy Tuesday South Melbourne Saunter	Anniversary Tr, Gardiners Creek Tr, Port Melbourne Light Rail Tr, (M)Bay St, Beach Rd, South Melbourne, St Kilda Rd, (B)Flinders St, Main Yarra Tr, (B)Richmond	38 M	David M 9885 7673
Tue 24/11 9:30 am	Hard Tuesday Kinglake	Epping, Kinglake, Hurstbridge, Eltham	75 M/H	Barry McC 9848 1154
Thu 26/11 9:30 am	Ricketts Point	Anniversary Tr, East Malvern, Urban Forest Tr, (M)Hughesdale, East Boundary Rd, (L)Ricketts Point, Beach Rd, (B)Sandringham Line	60 M	Bruce D 9852 1921 0430225295
Fri 27/11	Club Annual Dinner	Lindsay B 9801 2809		
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 29/11 9:30 am	Macleod and Bundoora	Koonung Tr (East), Thompsons Rd Bulleen, Main Yarra Tr, Macleod, Springthorpe, Bundoora, Darebin Creek Tr Back by 1:00pm before lunch	40 M	Bruce D 9852 1921 0430 225 295

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687.** Leaders can also provide additional information if required.

EasyRide: every Tuesday and Friday **9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

November	Ride/Event	Description	Leader
Sun 8	<i>Seven Trails</i> 68 km	Yarra, Anniversary, Gardiners Creek, Scotchmans Creek, streets (short H2, long H1), Dandenong Ck. Break Jells Park. Join Eastlink (some H3), and Koonung home.	Maurie A/ 0409 186082
Tue 10	<i>Plenty Aqueduct Bridge (historic)</i> ~60km	River Gum trail to Ring Rd. Janefield streets to South Morang. Pipeline track to Hawkstowe estate. Short walk to break at site. Plenty Rd.to Ring Rd home.	Alan P/ 9435 9421
Sun 15	<i>St Kilda Beach</i> 50 km	Out through Port Melbourne. Return through Albert Park.	Richard B/ 9459 8648
Tue 17	<i>Ceres</i> 40 km.	To Fairfield by Yarra Trail, then Merri Creek Trail to Ceres for break. Continue on Merri Creek Trail to Broadhurst Av exit and Reservoir streets to Darebin Trail.	John G/ 9439 3884
Sun 22	<i>Ruffey Lake</i> 35 km.	Out via Finn's Res. Return by Green Gully Trail, Westerfolds Park. Short H2 on return.	Lou B/ 9459 6887
Tue 24	<i>Strathewen</i> 36km + option 28km	Meet at train station(s). Depart 9.00 am train from Heidelberg (9.03 Rosanna) for Hurstbridge (Zone 2 ticket). Arrive 9.41am. Ride depart by 9.55am. Use phone contact if held up. Ride via Arthur's Creek to Strathewen for break (no shops). 36 km out and back to H'bridge. Undulating, with 1x H2. Train or ride home (28km)	Richard B/ 9459 8648
Sun 29	<i>Capital City Circuit</i> 50 km	Royal Park, Docklands (break), Southbank, Yarra Trail.	Lou B/ 9459 6887

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Phillip Island weekend. Oct 10-11, Holiday house accommodation, details to follow.

Contact Gary 9439 5016.

Rutherglen weekend. Nov. 6-8. Camping or unit accommodation, details to follow.

Contact Gary 9439 5016.

Melbourne Bicycle Touring Club

Rides Program

November			
W/E 31 Oct-03 Nov	Lilydale-Matlock-Aberfeldy-Moe	300km Hard	Dave
Thu 05 Nov	Kangaroo Island		Edmund
Sat 07 Nov	Ballarat Creswick Loop	50km Easy/Medium	Di
Sun 08 Nov	More bakeries than cycling tour	20km Easy	Paul
Thu 12 Nov	Trip Planning		Paul
Sun 15 Nov	Reefton Spur & Marysville	110km Hard	Graham
Thu 19 Nov	Sean Deany, Cape2Cape		
Sat 21 Nov	Claire's Mystery Tour	200km Hard	Claire
Thu 26 Nov	Club Auction		David
W/E 28-29 Nov	Blue Duck Inn	260km Hard	Claire
Sat 28 Nov	Castlemaine-Malmsbury Loop	70km Medium/Hard	Jim
Sun 29 Nov	Melbourne Rail Trail Ride	40-50km Easy	Peter
December			
Sat 05 Dec	Op Shops of Brunswick	12km Easy	John
Sun 06 Dec	Castlemaine, Maldon, Newstead, Castlemaine	50km Medium	Peter
Thu 10 Dec	Sean Deany, Cape2Cape		
Sat 12 Dec	TBA	200km Hard	Claire

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>